Ottawa metro

TUESDAY, JULY 26, 2016

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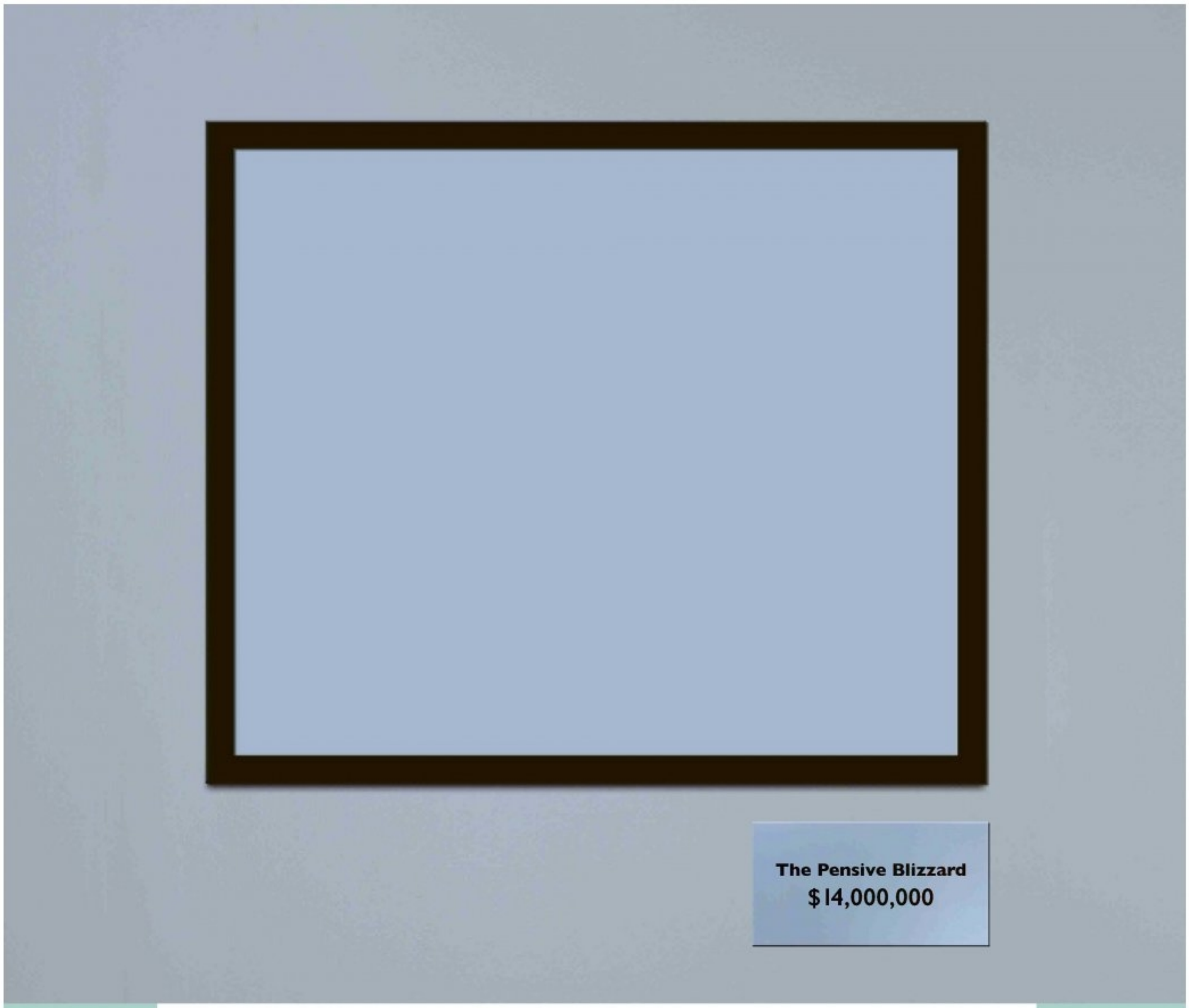

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Your essential daily news | TUESDAY, JULY 26, 2016

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Relax, Winona. *Breathe*
Stranger Things than Ryder's overacting
metroLIFE

Why did he have to die?

INVESTIGATION

Abdirahman Abdi dead after altercation with police

Joe Lofaro
Metro | Ottawa

Abdirahman Abdi, who was arrested and critically injured following his arrest by Ottawa police in Hintonburg on Sunday, has died.

The SIU confirmed the 37-year-old Ottawa man died as the police watchdog continues to investigate the circumstances surrounding the incident, which sent him to the Civic hospital where he remained for more than 24 hours on life support.

The Ottawa Police Service is receiving mounting backlash over the altercation, which was caught on video and photographed by several neighbours at an apartment building on Hilda Street.

Witnesses reported police officers struck him with a baton and pepper sprayed him following his arrest.

The SIU invokes its mandate whenever a police officer is involved in an incident where there is a death, serious injury, or allegation of sexual assault.

More coverage, page 4

Witnesses say they saw police beating the 37-year-old with a baton and pepper spraying him. Ottawa's police chief says the force received multiple 911 calls for an "individual being assaultive." CBC SCREENGRAB

FEDS IN HOT SEAT OVER PAYROLL SYSTEM PROBLEM METRONEWS

metro NEWS

Your essential daily news

Florida again reeling from a mass shooting at a nightclub. **World**

Ottawa community police Const. Stephanie Lemieux stands in front of a new graffiti art mural at the Mac's plaza in Heatherington. The work of art has not only turned a plain brown brick wall into a series of iconic Ottawa images, it is also designed to foster community pride and fight crime. ERIN MCCRACKEN/METROLAND MEDIA

Crime-fighting graffiti builds community pride

HEATHERINGTON

Tagging rates, armed robbery down where murals exist

Graffiti street art has arrived in Heatherington to help combat crime.

It may seem like an unlikely combination, and when the first mural was applied to the wall of a Thunder Bay Mac's convenience store four years ago, Sean Sportun had no idea if it would make a difference.

"Quite frankly it was a shot in the dark," said Sportun, manager of security and loss prevention for Mac's Convenience Stores in central Canada. He is also vice-chair of Toronto Crime Stoppers.

"We had tried everything from increasing the lighting, cameras, fences. We tried every technique possible and nothing seemed to work."

The results of the mural program have proven so concrete that Mac's is taking the art on tour this summer to a Calgary store and nine in Ontario. Heatherington received one at the Mac's plaza at Walkley and Albion roads on July 4 and 5, followed by stores at 888 Meadowlands Dr. East and 1025 Merivale Rd.

At all mural sites, tagging rates and even armed robberies are down.

As each artwork is painted, it becomes an engagement exercise and residents, particularly kids and teens, are invited to join the artist and police.

"When we brought the community together, the crime at the store has virtually gone away," Sportun said of the first Thunder Bay location. The artwork has not been vandalized, nor has the store been robbed. Prior to that, it had been targeted several times.

"The point of it is breaking the barriers with the community, the police, getting people out, getting people talking, and appreciating their community more than what they do."

In Heatherington, kids stood side by side with Ottawa police officers to try a little tagging on the plain brown brick wall on the side of the Dairy Queen before the mural was crafted at the Walkley plaza where the Mac's store is located.

"Now the kids in the community will see the cops as cool: 'Wow, we tagged that wall with the cop and I remember,'" Sportun said of the connection.

> **They really wanted to capture Ottawa and have the community feel proud.** Const. Stephanie Lemieux

Toronto-based professional graffiti artist Magic Finnga WonG spends time during each project teaching local kids the difference between legal and illegal graffiti, as well as the dangers of inhaling spray paint fumes, and the artistic process that goes into each work of art.

"These kids would be there for the full day sometimes and they would go home for lunch and come back," Sportun said. "WonG is really good at reaching these kids and getting into their mind of doing things positive instead of negative."

Now that neighbourhood kids have been given the chance to take part in the transformation, they are more likely to have a vested interest in protecting the artwork, he said.

With the success of Crime Prevention Ottawa's Paint It Up! graffiti program for youth, "we know that murals help to reduce the amount of graffiti on the walls. We know it also helps reduce crime in neighbourhoods," said Ottawa community police Const. Stephanie Lemieux, who took part in the Heatherington initiative.

It results in less tagging, largely because "there's a whole respect within graffiti street artists," she said.

The Ottawa artwork also features iconic images that resonate with locals, including the Peace Tower at Parliament Hill and slain soldier Cpl. Nathan Cirillo at the National War Memorial as well as the spider statue at the National Gallery.

"They really wanted to capture Ottawa and have this community feel proud of this mural," Lemieux said. "It's positive for this community."

The graffiti art has captured the attention of academics.

Toronto murals going up this summer are being funded through a grant from the University of Toronto, while an approximately $53,000 grant from Harvard University is paying for the rest of the murals this summer as part of a larger study examining the positive effects of graffiti street art.

ERIN MCCRACKEN/METROLAND MEDIA

STATSCAN REPORT

Transit revenues down

Emma Jackson
Metro | Ottawa

OC Transpo's not the only one scrounging for change between the O-Train seats.

New data from Statistics Canada shows passenger bus and urban transit revenues were down across the country in 2014, falling 3.7 per cent from the year before.

Expenses, meanwhile, went up 4.5 per cent.

According to the federal data, human resources eat up the largest chunk of operating expenses — 57.3 per cent on average — and in the urban transit sector passenger fares make up 54.4 per cent of the revenue.

Two-thirds of 2014's collective $11.4 billion in operating revenue came from 90 urban transit operators, mostly in Quebec and Ontario, StatsCan said.

For every dollar earned, transit operators received $0.79 in subsidies, StatsCan said.

Ottawa's transit operator isn't immune to discouraging market trends.

General manager John Manconi has long lamented the city's stagnating ridership, which started to drop suddenly in 2012 and is only starting to show signs of recovery this year with a 0.6 per cent uptick for 2016 reported in June.

Financially, OC Transpo has struggled to balance low costs with low fares. It faced an $11.6-million deficit at the end of 2015, and has been using hiring and spending freezes to rein in costs.

It caused some controversy this year as it tried to recoup extra transit expenses from festivals like Bluesfest, which can cost the service hundreds of thousands for extra staff, gas and maintenance to get hordes of festival-goers to the site.

Staff have also maintained an annual 2.5 per cent average fare increase, which they argue is necessary to keep the transit network stable in the future.

But advocates for the city's poorest residents — including several city councillors — have said regular fare hikes on top of higher-than-average ticket prices are driving potential riders away, and are leaving low-income residents without an affordable way to get around.

Balls Fest to roll into Ottawa

EVENT

Get your head out of the gutter for spherical treats

Lucy Scholey
Metro | Ottawa

Poutine, ribs, mac 'n' cheese. And now, uh, balls.

One of these things may not seem like the other. But, they will soon have something in common — they will all be food-themed festivals in Ottawa.

Balls Fest is rolling into the city later this year. Its menu will be exactly as its name suggests: food in ball-shaped form.

Meatballs, chocolate peanut butter balls and rum balls are standard ball-shaped fare. But organizer Les Gagne is hoping some vendors will think outside the circle-shaped box.

"There's so many creative things we can do," said Gagne, of Feature Festivals, who also organizes Capital Ribfest, Mac My Cheese Fest and Ottawa PoutineFest.

Gagne is well aware of what the name, Balls Fest, implies. At first he was looking to have fun with it. But then he got to Googling ball-shaped food and found a whole new foodie culture that's untapped in Ottawa.

"Obviously, we're playing on Balls Fest and every innuendo that goes with it, but it's actually legit and that's the part where it really caught us off guard," he said.

More details on Balls Fest will be unveiled in September. The festival itself will take place at the end of November or early December. A location and vendors have yet to be nailed down.

"The tagline, obviously, is come have a ball," Gagne said.

Meanwhile, expect these tasty balls to be on the menu:

1. Rum balls
2. Deep-fried cheese curd balls
3. Bacon-wrapped-onion around beef ball
4. Sweets
5. Mac 'n' cheese balls

BACKLASH

Parties call for Phoenix hearing

As the feds were scrambling to make sure hundreds of civil servants get paid this week, the opposition parties joined forces Monday to call for emergency hearings into the government's problem-plagued new payroll system.

Newly released documents from one of the government's biggest departments show that questions about "critical defects" in the so-called Phoenix system were going unanswered weeks before its scheduled launch.

Both the Conservatives and New Democrats demanded the government operations committee be recalled to talk about how Phoenix has resulted in tens of thousands of civil servants being improperly paid — or not paid at all.

Even though a Conservative MP heads the committee, the opposition parties were one member shy of forcing a meeting without the help of the Liberals.

Prime Minister Justin Trudeau said last week that the clerk of the Privy Council, which advises him and his cabinet on government operations, would head up efforts to fix the system, which has left more than 80,000 civil servants facing pay issues.

That figure includes 720 government employees who haven't received paycheques at all, in some cases for months, forcing many to borrow money or max out credit cards to pay their bills.

The government has promised nearly 500 of those employees that they would receive paycheques by this Wednesday, but acknowledged fixing the issue could take months.

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Friends, family mourn man who died after arrest

COMMUNITY

Abdirahman Abdi, 37, succumbed to his injuries

Haley Ritchie and Emma Jackson
Metro | Ottawa

Community organizations are moving in to help Hilda Street residents cope with the violent loss of a 37-year-old man who neighbours described as "peaceful" and a familiar face around the neighbourhood.

On Sunday, police received a 911 call at 9:30 a.m. from the Bridgehead coffee shop on Fairmont Avenue and Wellington Street West, where a man was reportedly causing a disturbance and touching a female patron.

Witnesses said Abdirahman Abdi got scared when police arrived and ran to his home — just three blocks north to an apartment building on 55 Hilda Street, where he had been living since arriving in Ottawa from Somalia in 2009.

Neighbours — many of them friends and family— then watched from their balconies as Abdi was forcefully arrested.

Witness Shukri Samater said people were yelling as Abdi was handcuffed and hit by officers on the stone steps just outside the building's entrance.

"That was the most disturbing part of it all, what happened after he was handcuffed," Samater said.

"He was bleeding from the back of his head. He didn't have a weapon, he wasn't violent."

Samater described him as "not well" and said mental health issues and a language barrier may have prevented him from understanding what police were saying.

Nimao Ali, friend of the family, called Abdi a "beautiful soul."

"He is a beautiful person. He was not 100 per cent healthy like us, he had a mental illness," she said.

"He was the kind of man that when you walk into the elevator he will hold the door for you, always had a smile on his face."

An emotional Nimao Ali speaks outside 55 Hilda St. in Hintonburg, where her neighbour Abdirahman Abdi, seen below, was arrested by Ottawa Police Sunday morning. He died of his injuries Monday afternoon. EMMA JACKSON/METRO

> He was bleeding from the back of his head. He didn't have a weapon, he wasn't violent.
> Shukri Samater

A 27-minute video recorded by a neighbour who lived upstairs has been published online, showing Abdi handcuffed and bleeding on the ground before paramedics eventually arrived. The video begins after the arrest and alleged beating.

Another neighbour said he recorded the arrest but is not making it public out of respect to the family.

"He is very much a very present figure on the street," said Leslie Emory, executive director of OCISO immigrant support services. "He walked a lot."

Abdi was a frequent client of

Emory's organization. OCISO is helping arrange crisis councillors for witnesses and neighbours who have been traumatized by Sunday's events.

WITH FILES FROM JOE LOFARO

SOCIAL MEDIA

Police face backlash after man's death in hospital

Joe Lofaro
Metro | Ottawa

As the family of Abdirahman Abdi mourns his loss, questions continue to be raised about how a man believed to have a mental illness became critically injured while in police custody.

The incident has resulted in anti-police rhetoric on social media and drawn the attention of activists behind the Black Lives Matter movement outside the nation's capital.

Shukri Samater told Metro she saw officers kneel on the back of Abdi's head and told bystanders not to call paramedics, as she witnessed part of the altercation from her apartment window.

She said there was blood on his head and arms, and he wasn't resisting.

"That was the most disturbing part of it all, what happened after he was handcuffed," Samater said. "He was bleeding from the back of his head."

Responding to mounting criticism over the officers' actions, Police Chief Charles Bordeleau said Monday that he is limited in what he can say while the SIU investigation is ongoing, but did say police received multiple 911 calls for an "individual being assaultive."

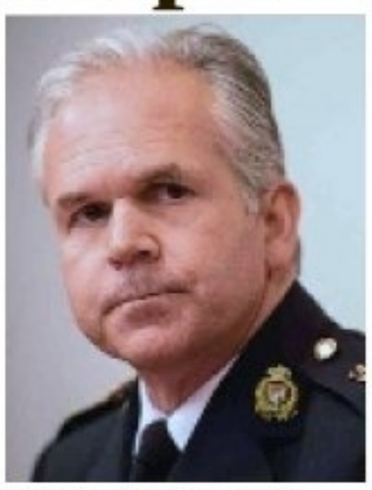
"I appreciate the concerns being expressed by the community and that's why we've engaged with the community to make sure there's a dialogue," Bordeleau told reporters at a police board meeting.

"Ottawa is a very diverse community and it does enjoy a trusting relationship with the police and I can certainly appreciate the impact that these types of incidents can have on the community," added Bordeleau.

Police officers at the scene called paramedics 23 seconds after it was obvious Abdi was in "medical distress" and officers performed CPR until they arrived, according to the chief.

In a lengthy blog post on his website Sunday evening, Coun. Jeff Leiper said he is "very disturbed" by witness accounts of how police responded to the call.

In a followup post on Monday, the councillor expressed his condolences to Abdi's family and friends.



Chief Charles Bordeleau
THE CANADIAN PRESS

ACCOUNTABILITY

Basics of the SIU explained

The Special Investigations Unit is a civilian-led law enforcement agency that investigates incidents of civilian death or injury involving police.

It has jurisdiction over 53 police forces across Ontario, covering about 26,000 officers. It can lay criminal charges.

When does the SIU step in?
When a civilian dies or suffers a serious injury while in contact with police, the SIU takes over the investigation to determine if there was any wrongdoing on the part of the officers.

"Serious injury" could include everything from a broken bone to vision or hearing loss, and includes sexual assault.

The SIU is usually called in by the police force involved, but it can also be notified by members of the public.

The unit doesn't deal with other complaints about police conduct, like racial profiling, harassment or corruption.

Who has to talk to the SIU?
Subject officers — the officers under investigation — don't have to submit to an interview or hand over their notes, similar to a criminal suspect's right not to self-incriminate. But witness officers are compelled to co-operate, and must submit their notes, too.

In this case, two subject officers and five witness officers have been identified.

How long will the investigation take?
Every case is different, but they can range from a few weeks to many months, according to SIU spokesperson Jason Gennaro. In this case, since the chase took place over a few hundred metres, there's a lot of ground to cover and many witnesses to canvass.

How often does it lay charges?
The SIU investigated 266 cases across the province in the 2014-2015 fiscal year and criminal charges were laid in 13 cases, a rate of 4.9 per cent.

Several Ottawa Police officers have faced charges in recent years. Two were charged with assault after a man in custody was injured in May 2014. Another was charged with dangerous driving after a high-speed car chase sent a suspect to hospital in February 2015.

Three officers were charged with criminal negligence and breach of duty after three paramedics were seriously injured during a training exercise in Kanata in June 2014.

HALEY RITCHIE AND EMMA JACKSON/METRO

Ottawa police Deputy Chief Jill Skinner speaks to reporters about community policing at city hall on Monday. JOE LOFARO/METRO

Community force at risk of 'collapse'

POLICING

Union concern over proposal to move officers to patrol duties

Lucy Scholey
Metro | Ottawa

A plan to scale back the number of Ottawa community police officers will "collapse" an important part of the force, according to the union.

The Ottawa police are proposing cutting the number of community officers from 15 down to 10. Those five officers will be redeployed to the patrol unit, which has shrunk over the years.

It's part of the force's Strategic Initiative — a long-term plan for a new policing model — unveiled on Monday.

Proposed changes include increasing the number of fixed days and fixed afternoon shifts, changing some rural boundaries to suburban and folding more uniformed officers into the front line service.

"It's about being flexible and adaptable to community needs," said Deputy Chief Jill Skinner.

Matt Skof, head of the Ottawa Police Association, is concerned that folding community officers into the patrol section will prioritize answering calls over community policing.

This will create a "reactive" police force instead of a proactive one that prevents crime, he said.

"We're in a position now where we're seeing, unfortunately, a collapse of very desired as well as efficient community section that is now going to be stripped down and moved over to shore up a very understaffed patrol section," he said.

> **It's about being flexible and adaptable.**
> Deputy Chief Jill Skinner

Community police officers work with the community on crime prevention and resolving issues unique to a particular neighbourhood.

Police have yet to determine which communities will be impacted by the new plan, but the service will strike a "community advisory group" to help with the process.

Police will weigh the crime statistics, socioeconomics, calls for service and the opinions of the advisory group before making any decisions. The members of that group have yet to be determined.

Once it's approved, the police service will start rolling out parts of the Strategic Initiative this fall and into January 2017.

The police consulted with more than 200 stakeholders and received 800 responses to an online survey in May and June.

More than 100 members of the force also weighed in.

WITH FILES FROM JOE LOFARO

OPIOIDS

Province targets painkiller addictions

Ontario will be the first province to stop paying for high doses of long-acting opioids as part of a push to reduce the "growing problem" of painkiller addiction in the province.

The Ministry of Health says it will be removing high doses of the painkillers from the Ontario Drug Benefit Formulary, which covers the cost of drugs for people who are 65 or older, live in a long-term care home, receive social assistance or have high drug costs relative to their income.

The affected drugs would include 200-milligram tablets of morphine, 24-milligram and 30-milligram capsules of hydromorphone and 75-microgram per hour and 100-microgram per hour patches of fentanyl.

Fentanyl in particular has dominated the headlines Canada-wide.

Earlier this month, British Columbia's coroner's office announced that fentanyl was a main factor in a major surge in overdose deaths in the province.

Police in northwestern Ontario warned in June that some drugs being sold on the street as Percocet-brand painkillers and oxycodone may actually be fentanyl.

A recent study showed that Ontario provincial inmates are 12 times more likely than the general public to die of a drug overdose within the first year following their release from incarceration.

THE CANADIAN PRESS

Fentanyl pills. THE CANADIAN PRESS/HANDOUT

HEALTH CARE

Doctors delay vote on fee agreement

Doctors unhappy with a new fee agreement between the Ontario Medical Association and the Liberal government have forced a delay in voting on the four-year deal.

A non-binding vote by doctors was scheduled to take place before an Aug. 6 meeting of the OMA's governing council, which would then have decided whether to accept the new physician services agreement or reject it. But 3,000 doctors signed a petition put forward by opponents of the deal, so the OMA agreed to call off the vote and instead hold a full membership meeting to discuss the agreement.

The tentative agreement would increase Ontario's $11.5-billion physician services budget by 2.5 per cent a year, to $12.9 billion by 2020.

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Breaking the Russian ice

FOREIGN AFFAIRS

Dion ends two years of silence by sitting down with Lavrov

The Liberal government turned the page on two years of acrimony between Canada and Russia on Monday as Foreign Affairs Minister Stephane Dion sat down for his first formal meeting with Russian counterpart Sergey Lavrov.

The 30-minute discussion took place in Laos, where Dion and Lavrov were attending an annual meeting of Southeast Asian nations. Sources say the location was chosen because it represented neutral ground for the two sides.

The meeting was the first of its kind between Canada and Russia in years. The previous Conservative government steadfastly refused to meet with anyone from the Kremlin until Russia left Crimea, the peninsula it annexed from Ukraine in March 2014.

As a result, contacts between the two countries had been largely limited to technical discussions between bureaucrats.

The Liberal government has said it remains committed to standing with Ukraine in the face of Russian aggression. To that end, Dion spokesman Joseph Pickerill said the minister had "frank discussions" with Lavrov about Russian actions in Ukraine and other parts of eastern Europe, as well as in Syria.

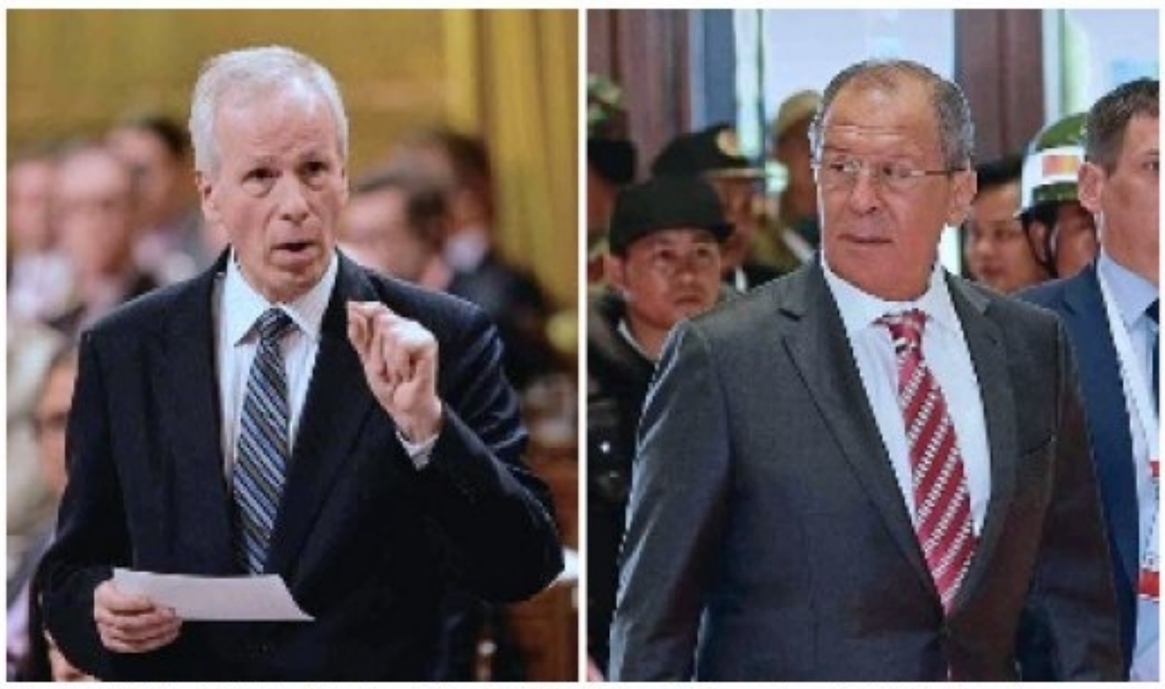
But the ministers also talked about the potential for co-operation in the Arctic, space and counter-terrorism — areas the Russians have been keen to focus on as they have attempted to change the channel away from Ukraine.

While the Liberals promised during last year's election campaign to re-engage with Russia, Prime Minister Justin Trudeau has been facing calls to keep up the pressure.

The government agreed earlier this month to organize a 1,000-strong NATO battle group in Latvia whose mission is to dissuade neighbouring Russia from flexing its muscles in the Baltic state. The U.S., United Kingdom and Germany are organizing similar forces in Poland, Estonia and Lithuania.

Earlier this month, during the NATO leaders' summit in Warsaw, where the Latvia mission was unveiled, Dion said that it was "terribly unfortunate" that Canada had to send military forces to Eastern Europe. But he also said it made sense to talk to the Russians.

"Canada will be strong on deterrence and strong on dialogue. We need to do both," Dion said. "It's important for our allies, including Ukraine. It's important for our own interests." THE CANADIAN PRESS



Foreign Affairs Minister Stephane Dion (left) had "frank discussions" with his Russian counterpart Sergey Lavrov in relation to Ukraine. THE CANADIAN PRESS FILE/THE ASSOCIATED PRESS FILE

> **It's important. After all, Russia is our neighbour in the Arctic.**
> Stephane Dion

SASKATCHEWAN

Oil spill measures for weeks

Communities affected by an oil spill in the North Saskatchewan River can expect precautionary drinking water measures to be in place for weeks or even months, says a Saskatchewan government official.

"It's not going to be a short-term event," Sam Ferris with the Water Security Agency said. "It could go on for some time."

Two cities downstream from the Husky Energy pipeline leak near Maidstone, Sask., have stopped drawing water from the river. North Battleford shut down its intake on Friday and is relying on wells.

Officials say the oily plume reached Prince Albert, a city of 35,000 people, on Monday.

Residents in the area are being urged to conserve water and not use that part of the river for recreation. Hospitals are looking at alternative supplies.

Ferris estimates the water supplies of close to 70,000 people have been affected so far and that the slick has travelled about 370 kilometres. THE CANADIAN PRESS

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Stock photo. Posed by model. © Ontario Securities Commission

Former Minister of Fisheries, Oceans and the Canadian Coast Guard, Hunter Tootoo, announced the federal government's commitment to reopen the Kitsilano Coast Guard facility, in Vancouver, B.C. in December 2015. Tootoo resigned from the cabinet in May and left the Liberal caucus to seek treatment for alcohol addiction. DARRYL DYCK/THE CANADIAN PRESS

Tootoo completes addiction program

ALCOHOL

Former Grit minister left cabinet in May to seek help

Former cabinet minister and Liberal MP Hunter Tootoo has completed his treatment for alcohol addiction, his office said in a statement Monday.

Tootoo, who left the Liberal caucus two months ago, has scheduled a news conference and open house Wednesday at his constituency office in Iqaluit.

"After completing my treatment for alcohol addiction, I wish to invite my constituents to an open house where I will be available to address their concerns as I resume my duties as their member of Parliament," the statement said.

Tootoo has remained out of the public eye since he abruptly resigned as fisheries minister at the end of May to seek treatment for a drinking problem.

At the time, Prime Minister Justin Trudeau said Tootoo left the Liberal cabinet and caucus of his own accord amid a "very difficult situation," but he would not elaborate on details of what happened.

On Monday, officials in the Prime Minister's Office declined to comment on Tootoo's anticipated return to work.

Alcohol has long impacted the lives of members of Tootoo's family, who are well known in Nunavut.

Terence Tootoo, a rising hockey star, was 22 when he died by suicide in Brandon, Man., 14 years ago in the wake of a drunk driving incident. His brother, 33-year-old NHL forward Jordin Tootoo, also wrote about his battle with alcohol, including a visit to rehab, in his 2014 book, "All the Way: My Life on Ice."

Government House leader Dominic LeBlanc, who assumed Tootoo's responsibilities on the fisheries file, has since juggled both his file and Tootoo's, prompting speculation about the need for cabinet changes due to the size of the portfolios.

THE CANADIAN PRESS

LEBLANC'S PITCH

- In June, LeBlanc seemed to make a public pitch to stay on at fisheries during a speech at a World Oceans Day summit.
- "I was humbled but also excited by the opportunity it presents me and — you'll forgive me for saying this at the beginning of my mandate — to follow in the footsteps of my father who held not an identical job but a similar job over 30 years ago," he said.

EXPENSE CLAIMS

Senate to claw back Duffy's salary

Sen. Mike Duffy is going to find his Senate paycheque will soon be a little lighter.

The Senate is going to start clawing back Duffy's salary after the Prince Edward Island senator refused to repay almost $17,000 in disputed expense claims before Saturday's deadline.

A spokeswoman for Sen. Leo Housakos, chairman of the upper chamber's internal economy committee, says the Senate must now garnishee Duffy's salary under the dispute resolution policy set up in response to the auditor general's audit.

Jacqui Delaney says the details of how much will be clawed back, and for how long, are still being worked out.

Duffy was not immediately available for comment Monday.

The Senate decided last month that it wanted the money back after taking a second look at seven claims totalling $16,995. Senate officials said the action came about because of new information that "had surfaced in the public domain" during Duffy's criminal trial.

Sen. Mike Duffy
ADRIAN WYLD/THE CANADIAN PRESS

Duffy's lawyer told the Senate that the one-time Conservative senator's spending was given the all-clear by an Ontario Court judge earlier this year when Duffy was acquitted of 31 criminal charges.

Lawyer Donald Bayne also said Duffy didn't want to take part in the arbitration process because he does not want to "legitimize" a process that is "an improper collateral attack" on the judge's verdict.

THE CANADIAN PRESS

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Rival Democrats urge unity

U.S. Virgin Islands delegate Pamela Eckstein holds up a sign during the first day of the Democratic National Convention in Philadelphia on Monday. MATT ROURKE/THE ASSOCIATED PRESS

CONVENTION

Outrage over leaked emails threatens to derail event

Former rivals Hillary Clinton and Bernie Sanders joined forces Monday to tamp down dissent among his supporters, as Democrats tried to keep infighting from overtaking a convention opening night featuring some of the party's biggest stars.

It was unclear whether the efforts would succeed. Chants of "Bernie" echoed through the arena, and boos could be heard at times when Clinton's name was raised. Outside the arena, several hundred Sanders backers marched down Philadelphia's sweltering streets. Signs carried messages such as "Never Hillary" and even in one case "Just go to jail, Hillary," an echo of the Republicans' "Lock her up."

Much of Monday's program appeared aimed at giving Sanders' backers an opportunity to express their frustration before the convention moved to focus on speakers who support Clinton, such as first lady Michelle Obama. Sanders was delivering the night's closing address.

For Clinton, it was a turbulent start to a historic four-day gathering that will presumably culminate in the nomination of the first woman to lead a major U.S. political party. It also sapped some of her energy coming out of Republican Donald Trump's chaotic convention last week and the well-received rollout Saturday of her running mate, Virginia Sen. Tim Kaine.

Sanders scored a major victory with the forced resignation of party chair Debbie Wasserman Schultz following the release of emails showing her staff favoured Clinton during the primary despite vows of neutrality. But Sanders' aides reached out to the Clinton campaign Monday afternoon to express concerns that the chairwoman's ouster wouldn't be enough to keep supporters from disrupting the convention, according to a Democratic official.

The discussions between the two camps prompted Sanders to send emails and text messages to supporters asking them not to protest.

"Our credibility as a movement will be damaged by booing, turning of backs, walking out or other similar displays," Sanders wrote. THE ASSOCIATED PRESS

SPEAKERS SCHEDULE

Monday: United Together
Michelle Obama, Vermont Sen. Bernie Sanders, Sen. Elizabeth Warren

Tuesday: A Lifetime of Fighting for Children and Families
Bill Clinton and Mothers of the Movement, including Eric Garner's and Trayvon Martin's mothers

Wednesday: Working Together
President Barack Obama and Vice-President Joe Biden

Thursday: Stronger Together
Hillary Clinton and Chelsea Clinton

JAPAN

Over a dozen killed in knife attack

At least 19 people were killed and about 20 wounded in a knife attack Tuesday at a facility for the handicapped in a city just outside Tokyo in the worst mass killing in generations in Japan.

Police said they responded to a call from an employee saying something horrible was happening at the facility in the city of Sagamihara, west of Tokyo.

A man turned himself in at a police station about two hours later, police in Sagamihara said. He left the knife in his car when he entered the station. He has been arrested on suspicion of attempted murder and trespassing.

Police said there were several casualties but did not provide any numbers.

The Sagamihara City fire department says that 19 people were confirmed dead in the attack. The fire department said doctors at the scene confirmed the deaths. THE ASSOCIATED PRESS

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CRIME IN U.S.

Man gets 15 years for trying to join Daesh
A federal judge on Monday sentenced a California man to 15 years in prison for trying to join Daesh in Syria, calling his conduct a serious threat and saying it was influenced by his abusive childhood and history of mental problems.

Adam Dandach, 22, was also ordered to undergo supervised release for the rest of his life after he pleaded guilty last year to trying to provide material support to a terror group and lying on his passport application. THE ASSOCIATED PRESS

Sex offender sentenced for stealing identity
A Texas man whose life was ruined by a child sex offender who stole his identity has seen his impostor sentenced.

Marcus Calvillo can now begin to repair the havoc left from a decades-long ordeal that prosecutors call one of the most devastating identity theft cases they've seen.

Fernando Neave-Ceniceros was sentenced Monday to a year and a day. THE ASSOCIATED PRESS

FLORIDA

State hit by second nightclub shooting

With the Orlando massacre still fresh on everyone's mind, the mother of a young man slain at a nightclub early Monday had warned her son about what to do if there were a shooting: "Hit the floor, find a table."

But when gunfire erupted at the Club Blu parking lot, 18-year-old Stef'an Strawder didn't have anywhere to hide. He was killed along with a 14-year-old boy, and 17 other people ranging in age from 12 to 27 were wounded during a swimsuit-themed party for teens.

"I told him to look for all the exits if any kind of shooting would go off ... because I thought about the people in Orlando," said Strawder's mother, Stephanie White.

Florida is again reeling from a mass shooting at a nightclub, but instead of being committed by a terrorist spouting Islamist ideology, this rampage may have started with an argument over a rap performance.

Gov. Rick Scott said gun laws are not to blame: "The Second Amendment has never shot anybody. The evil did this."

Security guard Brandy Mclaughlin said she saw someone with a semi-automatic rifle open fire. "The rapper was upset, someone not being able to perform," she said. "It wasn't targeted, terrorist or gays, or anything like that. It wasn't a black or white situation. It was an idiot. An idiot with a firearm." THE ASSOCIATED PRESS

Dave Allen, left, and Ryan Caviness pray for the victims in Fort Myers, Fla., on Monday. LYNNE SLADKY/THE ASSOCIATED PRESS

A policeman stands behind a tape in Ansbach, Germany, near the site where a failed asylum-seeker from Syria blew himself up and wounded 15 people Sunday at the entrance to an open-air music festival. KARL-JOSEF HILDENBRAND/DPA VIA THE ASSOCIATED PRESS

Merkel on defence

REFUGEE CRISIS

Violent attacks leave German leader fending off criticism

Four attacks in a week — three of them carried out by asylum seekers — have left Germany on edge and Chancellor Angela Merkel's policies of welcoming refugees under renewed criticism.

Anxiety over Germany's ability to cope with last year's flood of more than 1 million registered asylum seekers first surged following a series of sexual assaults and robberies in Cologne during New Year celebrations.

But in the last seven days, the violence has become even more deadly.

The unprecedented bloodshed began July 18, when a 17-year-old from Afghanistan wielding an axe attacked people on a train near Wuerzburg, wounding five people before he was shot to death by police. Daesh claimed responsibility.

On Sunday, a 21-year-old Syrian used a machete to kill a 45-year-old Polish woman in the southern city of Reutlingen. Authorities said assailant and victim knew each other from working in the same restaurant, and the incident was not related to terrorism.

Also Sunday, a 27-year-old Syrian who was denied asylum detonated a backpack of explosives and shrapnel at the entrance to an outdoor music festival in Ansbach, killing himself and wounding 15 people. Daesh claimed responsibility, and German security officials said a video on the attacker's phone shows him pledging allegiance to the extremists.

The deadliest attack came Friday night in Munich. The German-born, 18-year-old son of Iranian asylum seekers went on a shooting spree and killed nine people.

The youth had obsessively researched mass shootings, and authorities said the attack does not appear to be linked to Islamic extremists.

Interior Minister Thomas de Maiziere said most asylum seekers come to Germany to escape persecution, and it was important to remember that only a tiny minority had links to terrorism. It would be wrong, he told the Funke newspaper group, to put all of them under "general suspicion, even if there are investigations in individual cases."

Asked how similar attacks could best be prevented, de Maiziere said it was important to ensure that new arrivals be well-integrated quickly into German society.

"Good integration policy is always preventive security policy as well," he said.

THE ASSOCIATED PRESS

> **Good integration policy is always preventive security policy as well.**
> German Interior Minister Thomas de Maiziere

FREEDOM OF EXPRESSION

Turkey to detain journalists

Turkey on Monday issued warrants for the detention of 42 journalists suspected of links to the alleged organizers of a failed military uprising, intensifying concerns that a sweeping crackdown on alleged coup plotters could target media.

While the Turkish government said it is investigating the journalists for possible criminal conduct rather than reporting, critics warned a state of emergency imposed after the July 15 coup attempt poses a threat to freedom of expression.

"We fear there will be a witch hunt which would include journalists known as 'critical' against the government. Because they are putting all journalists into one bag," said Ahmet Abakay, president of the Progressive Journalists' Association, based in Ankara.

There were concerns about media freedom in Turkey well before the coup attempt. The government has prosecuted Kurdish journalists for alleged links to Kurdish rebels. Since the coup attempt, the government has blocked 20 websites, including those of six news outlets and two television channels.

THE ASSOCIATED PRESS

13,000

Number of detainees taken from military, judiciary and other institutions after the Turkish uprising.

IN BRIEF

Pokémon Go gamer shoots gunman, both injured

A gunman and underage driver tried to rob people playing Pokémon Go when one of the players pulled out his own gun at a Las Vegas park. Police said the incident left both the player and would-be robber with non-life threatening injuries. Charges are expected against the suspect and the juvenile who was driving the SUV. THE ASSOCIATED PRESS

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Clothes defy gender rules

APPAREL

Parents launch firms to break stereotypes in kids' clothing

Pink for girls. Truck motifs for boys. A growing number of parents want to get outside those parameters when it comes to dressing their kids.

For parents looking for clothes that defy gender norms, the options for back-to-school shopping are still limited — but they're growing. Some big retailers like Lands' End and Zara are making small changes to their offerings, while some frustrated parents have launched their own companies to make the items they wanted to find.

"There is really a sharp divide between what is considered girls' stuff and what's considered boys' stuff," said Courtney Hartman. She started Seattle-based Jessy & Jack, a collection of unisex T-shirts for kids that have robots and dinosaurs, and Free to Be Kids, where a shirt with the slogan, I'm a Cat Guy comes in blue, grey and yellow.

Courtney Hartman, who owns Jessy & Jack, poses with her children as they wear her company's gender-neutral clothing in Seattle. ELAINE THOMPSON/THE ASSOCIATED PRESS

Companies like Jessy & Jack and a collection called Princess Awesome, where dresses have trains and planes, are among nearly 20 online brands that formed a campaign called Clothes Without Limits last year that they're reprising for the back-to-school season. Still, many of the items are not cheap — T-shirts at $20 can be pricey for growing kids.

Bigger companies are offering some options, after similar shifts in the toy and bedding aisles to more neutral signs and products. Lands' End launched a line of science T-shirts two years ago after a customer complained on social media that there was only one version for boys. As part of its new Cat & Jack brand of children's clothing that kids helped design, Target offers unisex-fit T-shirts online with slogans like, Smart & Strong and Future Astronaut.

And fast-fashion chain Zara launched a collection in March for teens and older called Ungendered under its TRF line, which focuses on basics like T-shirts, sweatshirts and jeans. Experts and parents also notice that some images like dinosaurs are popping up on girls' clothing under the Boden brand and others.

More has changed for girls' clothes than for boys, but the vast majority of children's clothing is still gender-specific, says Marshal Cohen, chief industry analyst at market research group NPD Group Inc.

A good portion of children's clothing buyers are grandparents who tend to embrace more traditional ideas, says Cohen, who doesn't expect large-scale change until the next generation starts having children.

THE ASSOCIATED PRESS

REAL ESTATE

B.C. to tax foreign buyers

Foreign nationals who buy real estate in Metro Vancouver would pay an additional property transfer tax of 15 per cent under legislation introduced Monday by the British Columbia government.

Finance Minister Mike de Jong unveiled the tax as part of legislation aimed at addressing low vacancy rates and high real estate prices in southern B.C.

"For example, the additional tax on the purchase of a home selling for $2 million to a foreign national will amount to an additional $300,000," de Jong told the legislature.

The additional tax will take effect Aug. 2 and apply to foreign buyers registering the purchase of residential homes in Metro Vancouver, excluding treaty lands in the Tsawwassen First Nation.

All purchasers in the province currently pay a one per cent tax on the first $200,000 of their purchase, two per cent on the remaining value up to $2 million and three per cent on the portion above that.

THE CANADIAN PRESS

FOOD TRENDS

Canadians drawn to artisanal shops serving new flavours

When Rosanne Tripathy and her sister opened their specialty doughnut shop, Jelly Modern Doughnuts, in Calgary more than five years ago, there weren't many fried-dough slingers selling upscale confections with new-fangled flavours like crème brûlée or s'mores.

But what Tripathy claims on her site is "the country's original gourmet doughnut bakery café" is now just one among myriad artisanal shops serving up the tasty pastries to Canadians in what has recently become an increasingly crowded field.

Last year, Canadians ate more than 521 million doughnuts — 10 per cent more than the previous year, said Robert Carter, executive director of food service at NPD Group Inc., a market information and advisory service. He chalks up part of the item's rising popularity to a widening consumer interest in healthy eating. As people are increasingly drawn to eating foods with greater health benefits, he said, they're allowing themselves more leeway for quality sinful snacks, including the doughnut.

521M

The number of doughnuts Canadians ate last year, according to NPD Group.

Yet another boost for the doughnut is our love affair with caffeine. "Obviously, the best complement to that is a baked good," he said.

Susan Hamer, who opened SuzyQ Doughnuts in Ottawa in 2012, agrees that it's a perfect match. Her shop offers a unique twist on the classic pairing by selling a Finnish-inspired doughnut.

That's a smart move, according to Carter. Canadians — especially millennials, who are considered flightier when it comes to brand loyalty — are drawn to innovative products, he said, and successful doughnut bakers have managed to create interesting flavour concoctions.

THE CANADIAN PRESS

SuzyQ Doughnuts at their store location in Ottawa.
SEAN KILPATRICK/THE CANADIAN PRESS

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IN BRIEF

Starbucks relaxes employee dress code

Starbucks is loosening its employee dress code to allow workers to don brightly-dyed hair and coloured, patterned clothing underneath the company's signature green apron — within reason. Along with vibrant-coloured hair, staffers are likewise permitted to put on knitted beanies, fedoras and other suitable hats in brown, grey or black. Scarves, neckties and colourful socks have also been given the OK.

THE CANADIAN PRESS

Lac Mégantic-type rail cars can't transport crude oil

Older and less robust railway tanker cars will not be able to transport crude oil in Canada as of Nov. 1, six months earlier than planned, Transport Minister Marc Garneau confirmed Monday. The DOT-111 cars are the same kind that were involved in the Lac-Mégantic tragedy in which 47 people died three years ago. All other flammable liquid will continue to be transported by rail in the country by DOT-111s until 2025. THE CANADIAN PRESS

Funai to stop making video cassette recorders

Japanese electronics maker Funai Electric Co. says it's yanking the plug on the world's last video cassette recorder this month due to shrinking demand for VCRs. Funai began making videotape players in 1983, and videotape recorders in 1985. The company says they were among its all-time hit products. Last year, Funai made 750,000 VHS machines that played or recorded cassette tapes.

THE ASSOCIATED PRESS

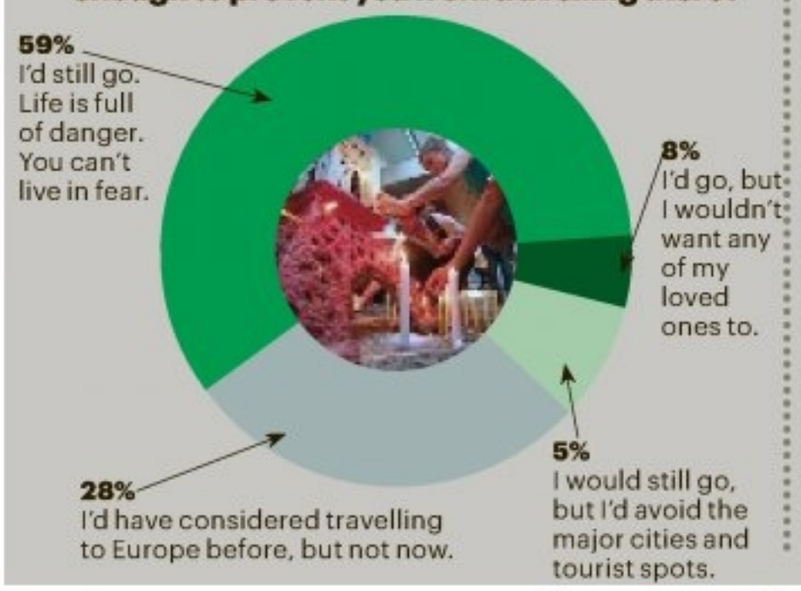
metro VIEWS
Your essential daily news
Tuesday, July 26, 2016

METRO POLL

Will violence in Europe keep you away?

Ansbach, Munich, Nice, Brussels, Paris. Not to mention Turkey. Simply listing the names is enough to evoke images of shocking mass violence that has taken place in recent months. Europe has long been seen as a beacon of culture and low-risk adventure, and the European vacation — or exchange semester or backpacking trip — is a near-universal aspiration for those on this side of the Atlantic. Is that about to change?

1 Is the high-profile violence in European cities enough to prevent you from travelling there?


59%
I'd still go. Life is full of danger. You can't live in fear.
8%
I'd go, but I wouldn't want any of my loved ones to.
5%
I would still go, but I'd avoid the major cities and tourist spots.
28%
I'd have considered travelling to Europe before, but not now.

WE ASKED Metro readers

I have two trips planned before the end of the year, and I intend to take both of them.

It hit close to home when a student from my university got killed. Better safe than sorry for a little while ...

You can die walking out your door. Better to see the world than your living room!

I've been to Europe many years ago and always wanted to go back but not now. It seems a big mess now and would ruin my memories of it.

My family lives in Europe and I can't imagine not visiting them.

You can't live your life sheltered. Things happen everywhere. You have to live your life.

Avoiding Europe because of fear of terrorism is as absurd as avoiding Winnipeg because of fear of being run over by a truck.

visit metronews.ca
HAVE YOUR SAY

In search of the ever elusive rural Pokémon

COLLINS' CAPITAL

Steve Collins

The monster hunt started with promise. We'd just downloaded the freshly released Pokémon Go at the cottage in the Ottawa Valley, and the resident teenagers found one of the wee critters lurking in the kitchen.

After that, they struck out with their uncle, accompanied by my dog, who seemed excited to be on his first hunt, to patrol the woods and shoreline for more beasties. The game was truly afoot (and a-paw).

But they found nothing.

The fear of Pokémon Go players wandering distracted into traffic or even criminal ambush, which has so seized our cities isn't as big a deal for rural players as, well, finding a location with any virtual action whatsoever. Real-life "landmarks" are harder to come by than in the city.

On the drive back to Ottawa, we did a little recon for the Valley boys, keeping that tireless avatar running through the creature-less monotonous gray waste along the highway. We captured another of our elusive quarry at a roadside church, one of the only "public" places in sight, but by and large, all species of Pokémon appear to be primarily city beasts.

In Cobden, the young guy working the gas station, another Pokémon Go player, confided that he'd found two gyms, places where the players pit their creatures against each other, in town — though he wasn't about to give away their locations.

So the game's technically playable for country kids, if they know where to look — and if they can spare the data it eats. The boys' not-wealthy family of five pays about $500 a month for their rural phone/Internet/cable package, with a monthly data cap so unrelenting they have to wait until the last couple days of the month to indulge in such luxuries as YouTube and Netflix.

And data speeds are sluggish enough that the country kids will face off against city players with one digital hand tied behind their backs.

I hadn't noticed this particular virtual disparity before, but contrasts abound. We're laying track for LRT while the Valley hasn't seen passenger-train service in decades and existing tracks are being pulled up.

Pembroke's city bus service, just a single meandering route between two malls at either end of town, stopped running a couple of years ago, and the only remaining Greyhound to Ottawa is a single red-eye departing at 5:15 in the morning.

As rural post offices and bank branches close down with assurances you can just do everything online these days anyway, it's easy to forget that it's not always so simple out in the sticks. Our wired cities largely take online access for granted.

The Ontario Chamber of Commerce highlighted this rural-urban digital divide in a letter to the provincial government last week, pointing out that broadband Internet is about more than games: "It is a basic infrastructure requirement, much like roads, bridges, and electricity."

They're calling for public cash (because the private sector can't make a buck at it) for the sake of rural Ontario's future economic growth.

In the meantime, the boys are planning a visit to Ottawa, where the Pokémon roam in droves.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

Minority Report: Life as a non-white touring musician is tense in 2016

Shehzaad Jiwani
For Metro

Growing up in a culturally diverse Canadian city, it's easy to think the whole world is a happy, tolerant place.

This myopic viewpoint is magnified when you enter the independent music community, a microcosm of liberal hopes and dreams made manifest in the form of artists, labels, DIY festivals and safe spaces created to communicate and express progressive thoughts and ideas.

As a person of colour in a touring band who grew up in Toronto — one of the most ethnically diverse cities in the world — I have a strange relationship with being an "other." Most of my idols — indie rockers like Pavement and Fugazi — are white, as are the majority of my peers. That being said, I've never felt excluded from my community based on the colour of my skin. I can only speak from my own experiences as a brown man living in the only hometown I have, but I never saw myself as different in Toronto's independent music scene, because I have never been made to feel different.

You immediately recall such luxuries when crossing into the United States. In 2016, at a time where race, gender and sexual orientation are frontline issues and not trendy buzzwords, people are more acutely aware of their own identities than ever. In an election year where racially and sexually charged crimes are in the headlines nearly every week and neither presidential candidate seems to be addressing them, it's impossible not to feel out of place as a minority when you set foot on American soil. You feel it at customs, you feel it at gas stations, and you even feel it in some of the same communities of which you've previously considered yourself a member.

Here's the essence of what you feel: These people are angry. They are angry because they are scared, and they are scared because they don't know what is happening to their country. They are taking that anger out on anyone they can because that is how little control they are left with.

Of course, as much as Canadians love to pretend that we are so different than Americans, the truth is, we're not. People of colour die at the hands of police, without apparent justification, in my hometown, too. We can't ignore that, nor should we.

Being proud of where you are from is one thing, but taking action to preserve the things you love about those places — art spaces, neighbourhoods, cities — is how you can preserve that pride. You must understand how to engage with your environment to right what you see as wrongs in order to continue celebrating what you see as virtues. Feeling accepted in a community as a minority is a rare thing we can't take for granted.

Remember — the border's not far away.

Shehzaad Jiwani is the singer of the Toronto-based band Greys (@greysband).

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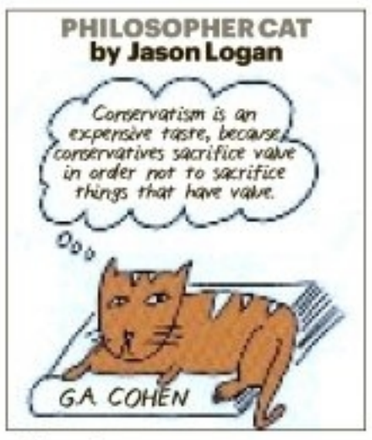
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metro LIFE

Your essential daily news

Canadian YouTube sensation Lilly Singh to publish debut book How to Be a Bawse in spring

The sleep struggle is real

FAMILY

Early bedtimes are essential for health but hard for parents

Genna Buck
Metro Canada

Emerging research shows adequate sleep is absolutely essential for children's health — but for parents of natural night owls, that's easier said than done. ISTOCK

Jennifer Harrison is a serious stickler when it comes to sleep.

The Guelph, Ont. mother puts her two boys, Sam, 6, and Max, 9, to bed by 7:30 p.m., almost without exception.

When she was pregnant, Harrison and her husband read up on the science of sleep and decided to enforce early bedtimes.

"It's a commitment every day," she said. "You can train their body, but it takes work, and ... parents don't have the time or the patience."

But for parents of pint-sized night owls, it's not that simple, explained Dr. Manisha Witmans, a pediatrician and sleep medicine specialist in Edmonton.

It's true oodles of studies link longer sleep — and early bedtimes specifically — to a variety of positive health effects in kids. They include less hyperactivity, better behaviour, fewer night terrors, and, in a study from this month, reduced obesity.

"You can train kids within reason, but you can't overcome circadian biology," Witmans said. In other words, a kid's sleep preferences are hard-wired. They can be adjusted, but it won't be easy.

Moving bedtime up by even an hour or two can take weeks for some kids, Witmans said.

For a significant number, night-time hormones that promote sleepiness and morning hormones that make kids alert "don't get secreted on the clock society expects," she said.

"If you're someone who sleeps well and comes from a family of sleepers, it wouldn't take a whole lot for you to be trained to sleep (at a certain time). Genetically, you're set up for success. If you come from a family of people with insomnia and sleep problems, I wouldn't be surprised if you have more trouble," she said.

Witmans suggests moving bedtime up by 15 to 30 minutes and adjusting again when kids can readily fall asleep at that hour.

Bright lights at night mess with the sleep hormone melatonin, she added, so make sure the bedroom is dark at night and bright when you want kids to wake up — and turn off TV and mobile screens 1.5 hours before bed.

Early bedtimes are really the only way for most children to get enough sleep, because of early-morning school or daycare.

And the benefits of more sleep can be dramatic, Witmans explained. She cited a study by Dr. Reut Gruber in Montreal that found just one hour of lost sleep per night for a week disturbed healthy children's behaviour enough that 20 per cent tested positive for ADHD.

Harrison said when her kids are well rested they listen better and bicker less. Sometimes she lies in bed with them while they doze off, and she still rocks her youngest to sleep sometimes.

Being a bedtime absolutist has been a sacrifice. They've cut back Max's extracurriculars so he has time for homework. Dinner is ready by 5 p.m., which requires planning. Friends know if they invite the family over, they'll be leaving by six. It can be a bummer, but it's worth it.

"I am zero consistent with everything else.

"We try to eat healthy, but we fall off the wagon every day or two. Discipline, chores, homework, I'm not very good at any of that," Harrison said. But "they need to be in bed early in order to function."

HOW MUCH?

Children's sleep specialist Dr. Manisha Witmans relies on the American Academy of Sleep Medicine's guidelines for how long children should sleep each day. For kids under five, this includes naps.

- **4-12 months** 12-16 hours
- **1-2 years** 11-14 hours
- **3-5 years** 10-13 hours
- **6-12 years** 9-12 hours
- **13-18 years** 8-10 hours

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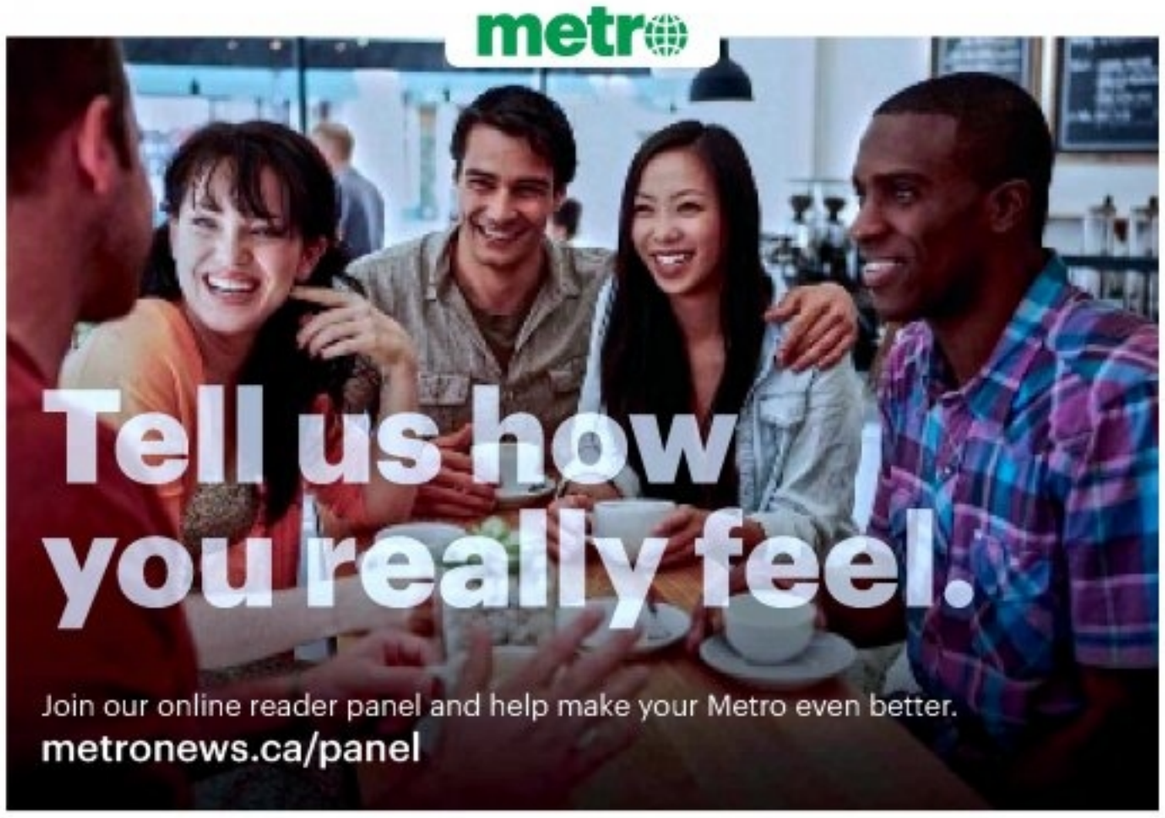

Where Gord Downie got those colourful suits

FINAL HIP TOUR

The bright outfits were a long time coming

Gord Downie has always been a flamboyant showman. For the Tragically Hip's latest tour, he's wearing that style on his sleeve.

Downie has been sporting a collection of brightly coloured metallic leather suits during the band's Man Machine Poem Tour, which kicked off in Victoria on Friday.

They include bold creations in hot pink, turquoise, silver and gold — an unusual colour palette for a rocker more often seen in subdued tones, says Downie's fashion co-conspirator, Izzy Camilleri.

"When you think of Gord Downie, you think of a jeans-and-T-shirt kind of a guy," says the Toronto-based clothing designer.

"You don't think of hot pink metallic leather. Now we do."

Camilleri says she and Downie started collaborating on the look last September, before he learned he had terminal brain cancer.

Camilleri says Downie kept his wardrobe plans secret from his bandmates.

He only revealed his wild look at the tour's kickoff in Victoria on Friday, when he strode onto the stage in the hot pink suit.

"It's really appropriate and something I never thought that he would be into," Camilleri said Monday of the bright colour palette, adding this tour is "a celebration."

"I think he wears them so well and he's been having a lot of fun with it."

Later that night, he put on the silver outfit, then the gold.

At the Vancouver show on Sunday, he walked out in the turquoise outfit, and later donned the silver and gold suits. THE CANADIAN PRESS

During The Hip's first two shows, Gord Downie unveiled a new, bright look. THE CANADIAN PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Relax Winona

THE SHOW: Stranger Things, Season 1, Episode 8 (Netflix)
THE MOMENT: The acting mystery

Joyce Byers (Winona Ryder) and Sheriff Hopper (David Harbour) make their way through a spooky parallel universe ("the upside-down world") in search of Joyce's son Will, who's been imprisoned by a creature. Joyce is hyperventilating.

"Hey, you all right?" Hopper asks her.

"Yeah," she says. But she's clearly not.

"I need you to relax, OK?" Hopper says. "I want you to slow down your breathing. Take deep breaths. In and out."

I binge-watched this series and really enjoyed it. It evokes, deliberately and well, the horror-mysteries I grew up with in the 1970s and '80s — like Halloween crossed with Scooby-Doo. But there's an unsolved mystery here: What is up with Ryder's overacting?

In every scene, she BUGS out her EYES, and yells EVERY WORD, to show us that she's a MOM who's UPSET that her CHILD is MISSING. It's not the directors' fault — everyone else in the series is fine, and the kid actors are hoots. I kept thinking, the showrunners must have a reason to let Ryder CHEW all that SCENERY. It must TIE IN to the PLOT. Alas, NO.

Winona Ryder CONTRIBUTED

Could it be that in the real upside-down world — Hollywood — some actors are famous enough, or kooky enough, that they are un-direct-able?

If Ryder returns for Season 2 (just announced), I hope she takes Hopper's advice: Relax, Winona. Breathe.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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metro SPORTS

The NFL says it found no credible evidence Peyton Manning was provided with HGH or other banned substances as alleged by Al-Jazeera last year

Canadian women about to see how they stack up

BASKETBALL

U.S., France and Australia await in tune-ups for Summer Games

Team Canada's chef de mission Curt Harnett says a few words as the national women's basketball team was announced on Friday in Toronto. RICK MADONIK/TORSTAR NEWS SERVICE

Before Canada's women's basketball team steps on the court at the Rio Olympics, they'll test themselves against the best in the world.

The Canadians will play the world No. 1-ranked Americans, No. 2 Australia and No. 4 France in three exhibition games this week in the U.S.

"We'll get exposed by these teams, which is great," said Canada's head coach Lisa Thomaidis. "You want that. We don't want to go in with any false sense of security that we're playing great right now, because we aren't. We're playing OK, and we're going to keep getting better as the (Olympic) tournament approaches."

STAGE IS SET
Canada is in Group B in Rio with the U.S., Spain, Senegal, Serbia and China. They open the Olympics on Aug. 6 versus China.

The Rio-bound Canadians held their final day of practice Monday in Toronto. The past few days have been a chance for Thomaidis to work two players back into the fold: Natalie Achonwa, a forward with the WNBA's Indiana Fever, and Kia Nurse, who returned to practice last Friday after having surgery to repair a sports hernia.

"Kia's coming back from having not played for a few months, and she's surprisingly adjusting pretty well," Thomaidis said of Nurse, who had surgery shortly after her sophomore season at Connecticut. "She's young and she's such a great athlete, it's not going to take her very long. And we still have a bit of time before we need her to be at the level that we're accustomed to her playing at."

The 12-player roster announced in a ceremony last Friday is identical to the squad that captured gold at last summer's Pan American Games. It features seven players from the 2012 Olympic squad that reached the quarter-finals in London, and five Olympic rookies.

The Canadians are coming off a successful off-season that saw them go 4-1 in a European exhibition series, and 3-0 in a friendly tournament against China in Edmonton.

The difference now is that, with the Aug. 5 opening ceremonies barely a week away, teams will be at full strength. Thomaidis doesn't plan to completely show her team's hand though.

"I think every team will hold a little bit back, you don't want to have too much scouted before heading to Rio," Thomaidis said. "But from our standpoint again, from having two players that we need to get integrated, we're going to have to show most of our stuff. But we'll certainly have some things in our back pocket." THE CANADIAN PRESS

DOPING SCANDAL

Rio doors closed for 7 Russian swimmers

Seven Russian swimmers have been barred from the Rio de Janeiro Olympics, including three linked to recent allegations of a major doping coverup by Russian authorities, world swimming's governing body FINA said Monday.

Reigning world 100-metre breaststroke champion Yulia Efimova is among four Russian swimmers withdrawn by the Russian swimming federation because they previously served doping bans, FINA said. The others are Natalya Lovtsova, Anastasia Krapivina and Mikhail Dovgalyuk.

The International Olympic Committee on Sunday said Russian athletes with previous doping bans would be banned from the Rio Games. That followed the IOC's decision not to ban the entire Russian team over allegations of state-sponsored doping.

13

Russia's top Olympic official, Alexander Zhukov, now believes a total of 13 Russians would be ineligible due to previous doping bans.

FINA said three more swimmers were identified by World Anti-Doping Agency investigator Richard McLaren when he examined evidence that Russian government officials ordered the coverup of hundreds of doping tests.

They are 2008 Olympic silver and 2012 bronze medallist Nikita Lobintsev, bronze medallist Vladimir Morozov and world junior record holder Daria Ustinova. THE ASSOCIATED PRESS

Yulia Efimova GETTY IMAGES

POLICE SHOOTINGS

Jordan takes aim at smoothing relations

Michael Jordan is trying to help ease tension between African-Americans and law enforcement.

The NBA great and Charlotte Hornets owner said Monday he is giving $1 million to the Institute for Community-Police Relations and $1 million to the NAACP Legal Defence Fund. The aim is to help build trust following several shootings around the country.

Michael Jordan GETTY IMAGES

"As a proud American, a father who lost his own dad in a senseless act of violence, and a black man, I have been deeply troubled by the deaths of African-Americans at the hands of law enforcement and angered by the cowardly and hateful targeting and killing of police officers," Jordan said in a statement. THE ASSOCIATED PRESS

IN BRIEF

Jays lift Bautista from DL

Jose Bautista returned to the Toronto Blue Jays lineup Monday night.

The team activated the slugging right-fielder off of the disabled list hours before the series opener against the San Diego Padres in Toronto.

Bautista was out with a turf toe injury and had not played since June 16. THE CANADIAN PRESS

Go to metronews.ca for coverage of the Blue Jays-Padres game Monday

MLB

Cubs get Chapman in four-player deal

The Chicago Cubs acquired hard-throwing reliever Aroldis Chapman in a trade with the New York Yankees on Monday, giving the NL Central leaders a boost as they try for their first World Series title in more than a century.

166

The number of saves Chapman has in his career.

The Cubs paid a steep price, parting with top shortstop prospect Gleyber Torres and versatile pitcher Adam Warren in the four-player package going to the Yankees.

Chapman also faced a domestic violence allegation in the off-season that cost him a 29-game suspension, and the left-hander is eligible for free agency after this year.

Chapman, 28, went 3-0 with a 2.01 ERA and 20 saves in 31 games with New York. THE ASSOCIATED PRESS

Jordan Spieth practises out of the bunker on Monday at Baltusrol Golf Club in Springfield, N.J.

ANDREW REDINGTON/GETTY IMAGES

IN BRIEF

Watt out after back surgery

The Houston Texans have put star defensive end J.J. Watt on the physically unable to perform list less than a week before training camp begins.

The move, which was expected, comes after Watt recently had back surgery. The NFL sacks leader last season with 17 1/2 is expected to be ready for the season opener.

THE ASSOCIATED PRESS

New concussion protocol coming to NFL

The NFL and the players association have announced a new policy regarding game-day concussion protocol.

Under the new policy announced Monday, the NFL and NFLPA "will follow a strict and fair process to investigate incidents and determine appropriate discipline, including club fines and possible forfeiture of draft picks." THE ASSOCIATED PRESS

Canada's Diez through to second round of Rogers Cup

Canadian Steven Diez was able to overcome nerves and humidity on Monday and advance to the second round of the Rogers Cup men's tennis tournament.

Diez, who was born in Toronto and resides in Spain, downed Britain's Kyle Edmund 3-6, 6-3, 6-2 in first round action at Aviva Centre in Toronto.

THE CANADIAN PRESS

Police arrest last suspect in Olympics terror case

Police arrested the last suspect sought in the case of a group of Islamic State sympathizers who allegedly discussed attacking the Olympics in Rio de Janeiro.

The Federal Police said in a statement late Sunday that the man was caught in the city of Comodoro, in the central west region of Brazil.

THE ASSOCIATED PRESS

Struggling by comparison

GOLF

Spieth not looking for major victory to validate 2016

Jordan Spieth walked with purpose down the long corridor toward his locker, not stopping to look at the photos and scorecards that cover more than a century of golf history at Baltusrol.

Maybe that was just as well.

History has proven to be his toughest opponent this year, and it was bound to be a losing battle.

Dating to 1934 when the Masters began, Spieth is among 14 players who have won two majors in one year. Only five of those players ever won a single major the following year, and it's an elite group — Arnold Palmer, Jack Nicklaus, Lee Trevino, Tom Watson and Tiger Woods.

> **The kid is not having a bad year. But he's in a different stratosphere now.**
> Graeme McDowell

Woods is the only player to win two majors in consecutive seasons.

Spieth is not trying to salvage his season at the PGA Championship. All but four players would love to have his year of two victories and a close call at the Masters. The exceptions are the three major champions and Jason Day, the only three-time winner on the PGA Tour this year.

It only seems like a struggle for Spieth because of endless comparisons with last year.

That's what led Spieth to try to reason with the media, and perhaps to remind himself, of the reality he is facing.

"I think it's been a solid year, and I think had last year not happened I'd be having a lot of positive questions," Spieth said after the British Open. "Instead, most of the questions I get are comparing to last year and, therefore, negative because it's not to the same standard. So that's almost tough to then convince myself that you're having a good year ... when the questions I get make me feel like it's not."

Trouble is, last year did happen. Comparisons were inevitable.

And there's a sobering reality Spieth will have to consider: History suggests he might never have another season like last year.

Spieth didn't just win two majors. He came as close as anyone to being the first to capture the calendar Grand Slam. He missed the British Open playoff by one shot and was runner-up to Jason Day in the PGA Championship.

Still he doesn't believe that last year was as good as it will get, nor should he. He doesn't turn 23 until Wednesday.

"If that's a valley," Spieth said of his season to date, "then that's going to be a lot of fun when we get back up to a peak."

THE ASSOCIATED PRESS

RECIPE Spaghetti with Pancetta and Spinach

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Using only six ingredients, this pasta is a crowd pleaser since it features the flavor powerhouse of pancetta.

Ready in
Prep time: 5
Cook time: 20
Serves: 4

Ingredients
- 250g spaghetti
- 1/3 cup oil, divided
- 1 clove garlic
- 1/2 cup diced pancetta
- 5 oz. fresh spinach
- 1 cup fresh shaved asiago cheese

Directions

1. Bring a pot of heavily salted water (it should taste like the ocean) to boil and add pasta; cook according to package directions.

2. Heat a large skillet over medium heat and then add a tablespoon of oil. Add garlic and cook for about 1 minute, until fragrant. Add pancetta and cook until browned. Adjust the heat to low and then stir in the spinach and allow it to wilt.

3. Once pasta is done, add to the pan with spinach along with the remaining oil and stir. Sprinkle pasta with asiago cheese. Remove pasta from heat and serve.

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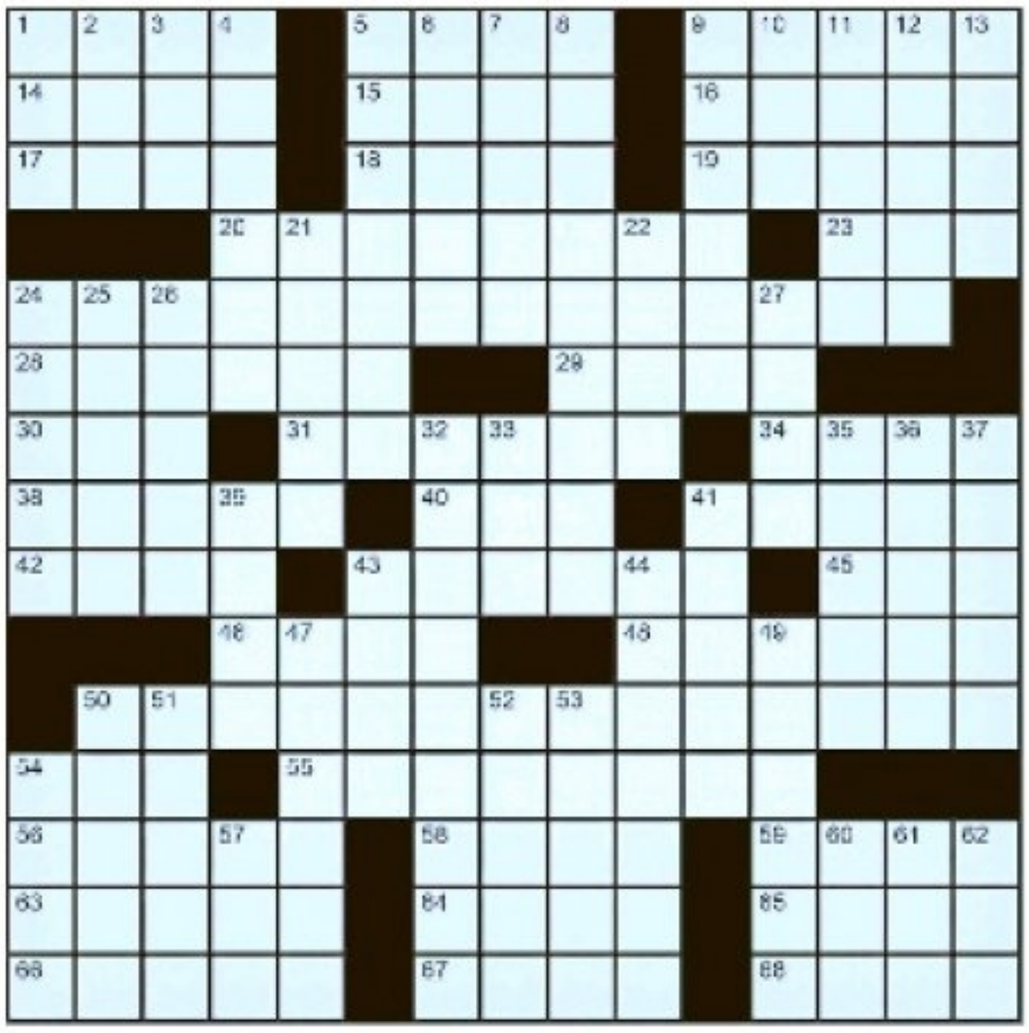
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sound soothed by lozenges
5. Hosp. heart recordings
9. Pandemonium
14. 'N' of NS
15. Sheryl of singing
16. Foliaged fence
17. Highway-crossing animal
18. The _ Report (1976 bestseller by author Shere)
19. Tennis great Mr. Agassi
20. Tornadoes
23. Took the helm
24. Canadian Dr. Edward Asselbergs invented instant flakes for what food?: 2 wds.
28. Procure
29. Wharf
30. Mailing encl.
31. Reacted with shock
34. Stitches-needing cut
38. Hidden-away loot
40. Canuck motorists org.
41. Put forth
42. Kennel protest
43. Car manufacturer of Japan
45. Fun-style photos
46. 2002 Jennifer Lopez album: 'This _ _... Then'
48. _. _ (Florida resort city, commonly)
50. The Royal Albert, which was recently discovered in Lake Ontario, is a what?: 2 wds.
54. Baseball-playing need
55. House's outside part
56. Decree
58. Shakespeare: "Thus with a kiss _ _." - Romeo
59. Piquancy
63. Fragrant scent
64. The Beatles' Pepper, et al.
65. Eye doctor's offering
66. Dental floss-ees
67. Check
68. Landlord's intake

DOWN
1. Furthermore
2. Horticulturist's tool
3. Genesis gal
4. Beatles sheepdog-inspired tune: "_ My Dear"
5. Hedgehog-resembling animal
6. Crackers characteristic
7. Influenced, as the witness: 2 wds.
8. Flowering climbing plants: 2 wds.
9. Purely Puritan
10. Female farm flapper
11. Mix-up
12. Shrek's kin
13. Sesame _
21. Put on the scale
22. Bug's bane brand
24. Like that green stuff on rocks
25. Diminish
26. Be a thief
27. Associations, for short
32. Laboratory professional
33. The _, Manitoba
35. Tree beavers like
36. Niagara Falls visitor offering
37. Spell caster
39. Washer cycle
41. Sum 41's "_ _ Deep"
43. Santa Fe, _, _,
44. Most grey
47. Draw
49. Toronto-headquartered airline
50. When doubled, Barbra Streisand's 'married lady' song from "Funny Girl" (1968)
51. Functional
52. Marsh grower
53. Book reviewers, e.g.
54. _ buckle
57. Feline
60. Trunk chopper
61. Grandma
62. Intl. clock standard

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Money issues are on your mind today. In addition, you might feel possessive about something that you own.

Taurus April 21 - May 21
Today the Moon is in your sign, which makes you more emotional than usual. However, this also makes you luckier than usual! Yay, me!

Gemini May 22 - June 21
Welcome a chance to work alone or behind the scenes today, because your busy pace is exhausting. This is a good day for writing and studying.

Cancer June 22 - July 23
A confidential conversation with a female friend might be important today. A money issue is on your mind, and perhaps you need to discuss this.

Leo July 24 - Aug. 23
Personal details about your private life are made public, which is not surprising because three planets are in your sign — the Sun, Mercury and fair Venus. No worries, because you look fabulous!

Virgo Aug. 24 - Sept. 23
How can you expand your horizons today? If you can travel, do so. In particular, you will love to do research and explore new ideas to learn something new.

Libra Sept. 24 - Oct. 23
You're busy schmoozing with younger, creative people at this time. Today, in particular, is a good day to discuss shared responsibilities, shared duties or shared property.

Scorpio Oct. 24 - Nov. 22
Because the Moon today is opposite your sign, you have to go more than halfway when dealing with others. This is easy, because three planets at the top of your chart make you King of the Road!

Sagittarius Nov. 23 - Dec. 21
You love to travel, and right now, three planets urge you to do so. However, today is a good day to work to get better organized and get on top of your game.

Capricorn Dec. 22 - Jan. 20
This is a playful day! In fact, you feel prankish, flirtatious and sexy! Enjoy sports events, playful activities with children and social outings.

Aquarius Jan. 21 - Feb. 19
You are working hard. Today is a good day to pull in the reins a bit and hunker down at home. Give yourself a chance to cocoon and relax so that you can catch your breath.

Pisces
Feb. 20 - March 20
Co-workers are supportive now, and this is encouraging. This is a good day for a serious discussion with someone, perhaps a sibling or relative.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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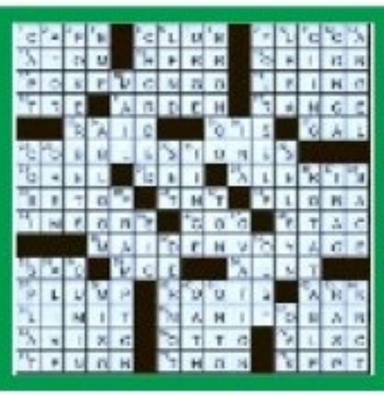
Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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(including partnerships and wholesale)
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Pending Sales - 4 Deals
On Market - 3 Deals
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That's 22 Deals total since they went to Bus Tour Sept 2014

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1st Property made $37,328
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